

Venerable Lama Karma Samten



Canberra Visit



August 9-11

Venerable Lama Karma Samten Gyatso is a monk of the Karma Kagyu Lineage of Tibetan Buddhism. At 21, he was fully ordained by the very Venerable Kalu Rinpoche. In 1980, after completing 9 years of solitary retreat, His Holiness 16th Gyalwa Karmapa, asked Lama Samten to represent him in New Zealand, and to be a resident teacher at Karma Kagyu Thigsum Chokhorling Tibetan Buddhist Monastery at Kaukapakapa, near Auckland. Lama Samten travels and teaches extensively in New Zealand, Australia, the Asia Pacific region and Europe.

Public Talk

**"Living with Death
and Dying"**

**Friday 9 August
7.30 pm \$15**

Everything constantly changes, being born and passing away - both during our lives, and at their ends. An awareness, understanding and acceptance of death are amongst the most valuable achievements we can make in this life. Based on his recently published book, Lama will teach on the 6 bardos, or modes of being, which we find ourselves in, in this life, at death and in the state between the two.

Venue



Rigpa
Canberra, 40
Mort Street,
Braddon -

above Cornucopia
Bakery

(Bring a cushion)

Weekend Teaching

"Lojong"

**Sat - Sun 10 - 11
August
10 am - 4 pm \$100**

Lojong literally means 'Thought Transformation' or 'Mind Training'. Lojong is a collection of skilful methods which a true practitioner can use to transform adverse circumstances and enhance their spiritual progress. The main theme of the Lojong practices is altruism, the principle characteristic of bodhisattvas, or beings who strive to cherish others more than themselves.

Information

Janie: (02) **6248 6137**

out of hours

Luiz: (02) **6251 0035**

out of hours